WHAT IS CLAIMED IS:

1. A ski binding for cross-country skis and touring skis with a step-in mechanism, said ski binding comprising two pressure-spring-loaded retention bolts located in the toe region and extending substantially transversely to the running direction and provided with a rounding or chamfer at their outer ends, said retention bolts engaging in the openings of the boot sole or parts of the latter in the manner of a step-in mechanism and can be brought out of the snapped-in position by a releasing mechanism, characterized in that the rounding or chamfer of the retention bolt is to lie above that plane which extends through the longitudinal axis of the bolt and in the snapped-in state, parallel to the ski upper side, and that the rounding or chamfer declines from the upper apex of the retention bolt , substantially as far as to the lower apex of the retention bolt , towards the boot tip, or extends only from the top to the bottom, respectively.

2. A ski binding according to claim 1, characterized in that the spring-loaded retention bolts are provided with pins directed towards the ski surface, which pins engage in guiding links of a slide that is movable in the longitudinal direction of the ski, which slide can be actuated by an element to be actuated by the skier for opening the binding.

3. A ski binding according to claim 1, characterized in that each one of the two latching bolts is carried by a spring-loaded shaped part and the shaped parts are guided in links of the slide, which slide, via a hinge extending transversely to the running direction, is connected to a projecting lever that projects obliquely upwards

in the running direction, the lever having an inclined surface and a hollow for inserting the pole therein so as to open the binding.

4. A ski binding according to claim 3, characterized in that the base plate is provided with a peripheral rib that engages in a corresponding groove of the housing part.

5. A ski binding according to claim 3, characterized in that the latching bolts at both sides of the binding project from one shaped part each, which shaped parts are located on either side of the binding in mirror-inverted manner and are provided with a projection which extends into a link of the slide.